



Get Healthy, Lehi!

2015

**CONTESTANT APPLICATION
PACKET**

**Due: December 19, 2014 by 6 PM
in the Legacy Center's
Registration Office**

What do I need to qualify?

Applicant must be at least 18 years old.

Applicant must be 50 pounds overweight or a BMI of 30 or greater. BMI may be calculated at <http://www.cdc.gov/healthyweight/assessing/bmi/>

Applicant must hold a current membership to the Lehi Legacy Center during the contest.

Applicant must be able to commit to one hour, one time a week for the entire length of the contest for team workouts and be present at all the mandatory weigh-ins.

How do I enter & how much does it cost?

Fill out the attached, official entry form.

Include two photos of yourself. One from the front, one from the side and attach to the entry form. Please wear shorts and a form fitted t-shirt, swim suit or any other workout attire. Photos must be taken between November 17th and December 19th, 2014, attached to the application **and** emailed to tstrong@lehi-ut.gov.

Attach a one-page, typed essay on, ***“Why I should be selected as a contestant for the Slim to Win contest.”*** Please be specific on any health problems, hardships, goals, etc.

Attach a signed doctor's release.

Attach a check in the amount of \$250, payable to: 'Lehi Legacy Center.' Cash or credit cards also accepted. The registration fee must be submitted with the official entry form to the Registration office. If you are not selected as one of the contestants, your \$250 will be refunded to you.

The \$250 registration fee includes: Once a week team trainings with a personal trainer, body composition testing and measurements each month, a team t-shirt, nutritional guidance, weight/fat loss, a new sense of well-being, new friends and a chance to be the winner of the Slim to Win contest!!! A Grand Prize will be awarded to the contestant with the most loss in weight. Prizes will also be awarded to the contestants with the most body fat lost and inches lost throughout the contest. More details will be given January 3, 2015.

How long is the Slim to Win contest?

The contest will start with the official 'Weigh-in,' the week of January 5, 2015 during the contestants first workout session and will end with the final 'Weigh-in' the week of June 22, 2015 at the last workout session. For each of the photo shoots and weigh-ins, please wear shorts and a form fitting shirt, swim suit or any other athletic attire.

Where do I submit my application and when is it due?

Applications are due by 6 PM Friday, December 19, 2014. Applications must be dropped off at the Registration office, Monday through Friday from 8 am to 6 pm (closed holidays).

Applications must be fully completed with photos, a doctor's release, essay, signed waiver and payment of \$250. Applications missing any of the above items will not be eligible for the contest.

Slim to Win Contestant Selection

Contestant selection will begin December 22, 2014 and chosen contestants will be notified by either email or phone by December 24, 2014. If not chosen, there will be a waiting list to replace disqualified participants.

Contestants are chosen by the Legacy Center's Slim to Win panel and are based on the information provided on the application, photos and essay.

Contestants will be divided into teams according to the day and times they are available to meet with a personal trainer.



Slim to Win Contestant Application

1. Please fill out the application legibly with ink.
2. **Attach: ** Before photos-front & side ** Doctor's Release Form ** Essay ** Payment**

Name: _____ Email address: _____

Address: _____

Phone #: Home: _____ Cell: _____ Work: _____

Gender: M F Height: _____ Weight: _____ BMI _____ Birthday _____

1st option: Day & time for team workout: _____

2nd option: Day & time for team workout: _____

T-Shirt size: S M L XL 2XL 3XL 4XL

Did you email your pictures to tstrong@lehi-ut.gov Yes No

ATTACH PHOTOS HERE

Place your **front view & side view** photos here.
**All photos must be taken holding a newspaper with the date
& headline clearly visible, but not obstructing the face or
body.**

**Photos must be taken between the dates of
November 17, 2014 and December 19, 2014**
Please wear shorts and a form-fitted t-shirt, swim suit or any
other workout attire.

(Photos will not be displayed until the end of the contest).

Attach your one-page essay – **“Why I should be selected as a contestant for the Slim to Win Contest.”**



This form must be signed and dated by your physician.

Patient's Name _____

Physician's Name _____ Phone _____

Street Address _____ City _____ State _____ Zip _____

To the physician: The above named patient is applying to participate in The Slim to Win weight loss program. The Slim to Win program may involve a fitness assessment that will include a bioelectrical impedance analysis, the 3-minute step, sit and reach test, tests of dynamic strength (one-minute sit-ups and push-ups) and a one-mile walk/run for time. The actual program will meet once a week for one hour for six months. Guidance will be provided on exercise program design, nutrition, and cardiovascular activities. The once a week activity is required, however the participant will be encourage to be physically active on a daily basis.

I have examined _____ on _____.
(Patient's name) (Date of Exam)

Findings:

_____ He/She may participate fully in a physical activity program consisting of cardiovascular, strength and flexibility training without limitations.

_____ He/She may participate in a physical activity program with the following limitations:
(Please include a brief description of any medical condition with might affect his/her program with appropriate guidelines).

_____ He/She should not participate in any physical activity program at this time without first consulting a physician for further testing and guidance.

If your patient is on any medication that may affect the heart rate or blood pressure response to exercise (elevate or suppress) please indicate here:

Physician's Signature _____ Date _____



Main Objective:

The main objective of this contest is to instill healthy lifestyle changes in each participant as they take off the pounds. We discourage the use of fat-loss supplements, fad diets or surgical procedures to achieve weight loss. We believe that the desired results can be accomplished with a healthy diet and an exercise program. Any contestant found using prescribed or over-the-counter supplements to get gain in the contest, will be disqualified.

Testing and Assessments

Contestants will be required to be at the official weigh-in the week of January 5, 2015 during your team workout session. The Legacy Center's Slim to Win staff will conduct the measurements and weigh-ins the week before the first Saturday of each month during team workout session. If a weigh-in is not received, the contestant may be disqualified. Contestants also agree to complete a fitness assessment to evaluate their fitness level. Fitness assessments will be completed with their trainer.

Weigh-in

The first and last weigh-in, body fat test and measurements will be scheduled during your team workout time.

Time Commitment

Contestants need to commit to one hour, one time a week to meet together as a team with their personal trainer and commit to attending the monthly meeting on the first Saturday of each month. If a contestant cannot commit to a certain time or the available time slots do not work for the contestant, the contestant will be forced to forfeit his/her spot. The below time **slots are limited to six spots** and are available for sign-up at the registration desk, please sign under a time slot that will work for you and that you can commit to every week. **Remember you must attend all of the team workouts, or you will be disqualified from the contest.**

Tuesdays 5-6 AM

Tuesdays 6-7 PM

Tuesdays 8-9 PM

Thursdays 5-6 AM

Physical Activity Involvement

Contestants should understand that this contest will involve a weight loss program and a moderate exercise regimen; all contestants are urged to consult with their own doctor to verify they are able to receive the personal training services and can perform physical activities associated with this contest. Contestants also know that physical involvement is not excluded to the once a week team trainings. For best results, daily activity is highly recommended.

Journaling

Contestants agree to maintain an accurate food and exercise log. Such logs will be provided by the trainer and will be evaluated weekly so that the desired results can be achieved. It is also encouraged to journal your weight loss journey.

Publicity

Contestants agree that results will be publicized periodically throughout the contest. We will use photos, essays, experiences and results as a way to encourage the public and contestants of the benefits of a healthy lifestyle approach to weight loss.